

Health Education Content Standard 5: Decision Making

All students will demonstrate the ability to use decision-making skills to enhance health.

Rationale: Managing health behaviors requires critical thinking and problem solving. The ability to use decision-making skills to guide health behaviors fosters a sense of control and promotes the acceptance of personal responsibility.

Fifth Grade Decision Making Competencies

- Use a decision-making process to identify healthy foods for meals and snacks.
- Use a decision-making process to determine activities that increase physical fitness.
- Compare personal eating and physical activity patterns with current age-appropriate guidelines.

Possible English-Language Arts Standards Links	Lesson/Activity Ideas
Reading Comprehension 2.3 Discern main ideas and concepts presented in texts, identifying and assessing evidence that supports those ideas. 2.4 Draw inferences, conclusions, or generalizations about text and support them with textual evidence and prior knowledge. 2.5 Distinguish facts, supported inferences, and opinions in text. 1.2 Create multiple-paragraph expository compositions: <ol style="list-style-type: none"> Establish a topic, important ideas, or events in sequence or chronological order. Provide details and transitional expressions that link one paragraph to another in a clear line of thought. Offer a concluding paragraph that summarizes important ideas and details. 	*Nutrition book *Create game board about nutrition *Integrate one story (Ex: Mariah Keeps Her Cool: at party, what healthy foods are served) *Science connection: Body systems (muscles, heart) *PE project: journal what is eaten and analyze
Writing 2.3 Write research reports about important ideas, issues, or events by using the following guidelines: <ol style="list-style-type: none"> Frame questions that direct the investigation. Establish a controlling idea or topic. Develop the topic with simple facts, details, examples, and explanations. 	2.3 Write research report on obesity problem in America.

<p>2.4 Write persuasive letters or compositions:</p> <ol style="list-style-type: none"> State a clear position in support of a proposal. Support a position with relevant evidence. Follow a simple organizational pattern. Address reader concerns. <p>Listening and Speaking</p> <p>2.2 Deliver informative presentations about an important idea, issue, or event by the following means:</p> <ol style="list-style-type: none"> Frame questions to direct the investigation. Establish a controlling idea or topic. Develop the topic with simple facts, details, examples, and explanations. 	
Possible Math Standards Links	Lesson/Activity Ideas
<p>Statistics, Data Analysis, and Probability</p> <p>1.1 Formulate survey questions; systematically collect and represent data on a number line; and coordinate graphs, tables, and charts.</p>	<p>*Look at weekly fliers from supermarkets</p> <ul style="list-style-type: none"> Plan a healthy meal Add up the cost